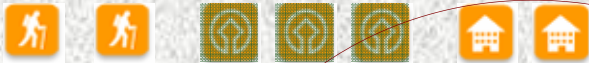


On water current



Taking advantage of the calm and serenity of Ahémé

Two hours in dugout to know features of the lake, its voodoo traditions and existing different fishing techniques.

Launch the net and taste your fishing at home with village fishers. Do not miss the "midnight bath", you may ask more!

Wake up your fisher's instincts!



The «chiefs» of Possotomé



Testing the culinary techniques of the region

Go shopping in the night market and bring back different ingredients used in traditional cooking; you will then cook with the guidance of local guides some dishes you would have chosen.



Taste in short your meals under coconut trees besides the lake.

A circuit that will wake up your papilla!



INFORMATION & RESERVATION

BENIN ECOTOURISM CONCERN (ECO-BENIN NGO)

04 BP 0338 Cotonou, Benin
Phone : (00229) 21 04 22 68
Mobile: (00229) 95 28 52 20
Email : contact@ecobenin.org / ecobenin@yahoo.fr
www.ecobenin.org or www.ecobenin.africa-web.org

At POSSOTOME:

Go to « CHEZ PREFET » or ask for Justin, Armel, Lucien and Denis. Contact the local ecoguides at :
95358653 / 95798421 / 95537248

Participate to our Carbon offset program by planting mangroves during your stay at Ahémé Lake :
1 € = 2 plants



Let's travel responsible, fair and sustainable

BENIN ECOTOURISM CONCERN
(ECO-BENIN NGO)

AHÉMÉ LAKE
ECOTRIPS



Discovering cultural heritage and the Biodiversity of Ahémé lake Region under local guides direction.



Ecotourism is a "RESPONSIBLE TRAVEL TO NATURAL AREAS THAT CONSERVES THE ENVIRONMENT AND SUSTAINS THE WELL-BEING OF LOCAL PEOPLE"



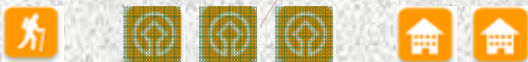
The International Ecotourism Society (TIES)

Home-stay option available

Working for Nature and communities welfare

EXPERIENCING OUR TRADITIONS, CULTURE AND LEGENDS

On monkeys' trail



Discover the secrets of the sacred forest.



Two hours walking along the lake and the forest, you will discover the culture voodoo, its

Rituals and signifi-

cances; while learning about plants secrets you will visit the fishers' village. If voodoo spirits are with you, you will have the chance to observe Vervet monkeys in a lakeside forest.

Penetrate the heart of the nature to be at the heart of the culture!



In steps of craftsmen



Use the local transport: «the Zem» to go meeting craftsmen.

A half day of discovery of arts and ancestral techniques used by the local craftsmen. By participating in handicraft activities with sculptors, distillers of «Sodabi», cassava processing women you may prepare your own products.



A circuit rich in exchanges and challenges!

In the wheel of Bopa



Furrowing the steep slopes of red soil with VTT!

Morning hike on bicycle and reach the Belvedere of Bopa from which you have a panoramic view of the embouchure of Ahémé Lake -Toho Lake - and Couffo River.

You will make breaks in farmers' villages where you will know more on the growing techniques of cereals and tubers.

You will also be meeting with fish breeders who will explain you their techniques.

This is an athletic & challenge journey ;100% ecologic



Prices

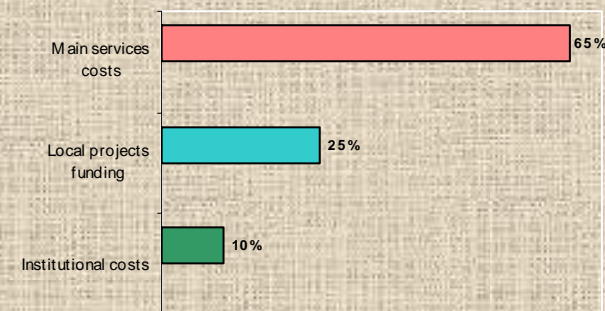
Forfeit	Amount
1 circuit	5.000 FCFA (8 euros) / person
2 circuits	9.000 FCFA (14 euros) / person
3 circuits	12.500 FCFA (20 euros) / person

Contact us for packages needs and special offers

At 1 hour of Cotonou, you will fall under the charm of the Ahémé Lake and the beauty of its beaches. Take the time to sail on the lake, to discover its water and terrestrial heritage while sharing knowledge with riparian communities. This region reserve you plenty of surprises.



Circuits costs repartition



Athletic intensity



Immersion in Nature



Cultural immersion